

The Fort Huachuca Scout®



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School's in session; Myer students get new building

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Photo by Romeo St. Pierre

Inside



Photo by Rob Martinez

Soldier Training

MPs learn to control riots.

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Photo by Anthony Reed

Wellness

Children's health fair preps youth for school.

See Page A10



Photo by Joan Vasey

Monsoon

San Pedro river floods.

See Page B1

Marriage retreats strengthen family bonds, offer great getaways

By Lilly Wise

Special to the Scout

How can you appreciate your spouse, learn how to strengthen your marriage and spend a fabulous weekend with your family inexpensively? I do it by attending the Fort Huachuca Community Marriage Retreats.

The Post Chaplain's office, with the expert coordination of the Installation Staff Chaplain, Col. Douglas Kinder, hosts about four marriage retreats a year. The focus of the retreat is strengthening Soldiers' families and marriages by making good marriages better, as stated before every retreat by Chaplain Kinder.

Being the wife of an Army instructor and the mother of three children, I experience the stresses of military life, as do many of you. The retreats offer family time in a new and stress-free environment. They also afford you the opportunity to meet other great couples.

There is childcare provided during the seminars which run from 8 a.m. until about noon. The rest of the day is yours to enjoy with the family. The minimal fee you pay covers your room for the weekend, which would typically cost around \$150 per night!

All of the retreats take place at resort-style hotels.

The Pointe Hilton Squaw Peak Resort and the Westin La Paloma Resort and Spa are two of the retreat locations. Both are breathtaking. You are responsible for meals and incidentals such as phone calls and room service. Some locations even offer a continental breakfast as a part of your stay.

Activities at the seminar include fun husbands vs. wives group projects to see which group is the most romantic, video clips that show effective and not-so-effective communication between couples, as well as many opportunities for couples to sit and talk in a peaceful and relaxing environment.

In the husbands vs. wives project, the men and women at each table team together (husbands vs. wives) to see which group comes up with the most romantic answers to questions printed in the retreat packets at each table. Ladies, I must warn you that, Chaplain McFarland stacks the deck so the men have a better chance at winning. It is truly a fun and exciting time.

The videos show real-life couples discussing their own marriage issues and theatrical couples playing out the problems of marriage in comedic and eye-opening scenarios. The videos and discussions cover topics such as basic communication skills, how we sometimes take advantage of our partners without even

realizing it, and how a small kind or loving gesture can go a long way in the eyes of our spouses.

Personally, the retreat opened my eyes to the fact that I need to communicate better with my husband and provided me with examples on how I could make that change. Lord knows he is a patient man, but I just could not understand why my husband of ten years could not read my mind when I was upset about something. I also realized that I do not have to win every argument or have the last word. I came away from the retreat feeling refreshed and with a better understanding of the dynamics of my marriage and, most importantly, greater appreciation of my husband.

The upcoming retreat during the Labor Day weekend is at the Pointe Hilton Squaw Peak Resort in Phoenix. The resort has its own water park featuring eight swimming pools, a lazy river, and a waterfall. The last retreat of the year is in San Diego during Veterans Day weekend. The San Diego trip is my favorite. In addition to spending quality time with my husband in seminars that will strengthen our marital bonds, I get to take walks along great beaches, take the family to SeaWorld, and see the beautiful sites on Coronado Island.

For more information on the retreats, call the Installation Staff Chaplain's office at 533-4748.

Scout On The Street

What do you think about the new Gen. Myer Elementary School?



Jan Camps • Counselor
Gen. Myer Elementary School



Beth Searls • Secretary to the principal
Gen. Myer Elementary School



Linda McGuire • Secretary
Gen. Myer Elementary School



Carol Kaunzner • Network technology director
Gen. Myer Elementary School



Robert Russell • Lead custodian
Gen. Myer Elementary School

"I think it's awesome! The architects did a great job designing it. It'll be great for our students ... it's brand new. Everything's updated."

"I love it, and I didn't think I would because I've been over at the old school for 26 years. But it's beautiful. I have my own office for the first time in 26 years."

"It's absolutely beautiful. It's going to be a great help to all the children. And it's a new beginning for all the teachers and students."

"I think it's beautiful ... It's going to work out really well [To integrate technology]. Everything, now is the way it should be."

"I'm going to miss the old school, been there 26 years. The new school is very nice, the restroom fixtures and all those things are pretty up-to-date. It'll be good for the students."

The Fort Huachuca Scout

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Fort Huachuca excess temporary structures go on sale Aug. 25-26

Scout reports

A sealed bid sale to remove excess, temporary structures and facilities from the Fort Huachuca inventory is scheduled 7 a.m.-3 p.m. Aug. 25 and 26.

Winning bidders will be announced at 4 p.m. Aug. 26. Winning bidders not present will be notified by telephone.

Bidders should enter through the Main Gate and obtain a visitor's pass for vehicles by showing their picture ID, vehicle registration and proof of vehicle insurance at the Visitor's Center. Bidders will be directed to the Temporary Sale Bid Registration Tent to register to participate and obtain directions to the facilities and structures being offered for sale.

- Bidders must deposit 25 percent of the bid price up to \$300. (Example: if the bid is \$200, the deposit is \$50; if the bid is \$2,000, the deposit is \$300.)
- Winning bidders must pay the entire bid amount prior to removing any property.

See **SALE**, Page A14

Army establishes Installation Management Command

Army News Service

The Army is establishing the Installation Management Command to improve its ability to provide critical support programs to Soldiers and their families while ensuring its installations are "flagships of readiness." The command, IMCOM, will come online in early fiscal 2007, and will transform the Army's current installation management structure into an integrated command structure. The initiative is part of the Army's efforts to reorganize its commands and specified headquarters to obtain the most effective, efficient command and control structure for supporting the modular force, under which there are three types of headquarters: Army Commands, Army Service Component Commands and Direct Reporting Units. The current installation management structure is part of the Army Chief of Staff, Installation Management, and includes as separate entities ACSIM directorates, the Army Environmental Center, the Installation Management Agency, and the U.S. Army Community and Family Support Center. The new IMCOM will consolidate four U.S.-based IMA regions into two, and CFSC and AEC will remain separate entities as

See **IMC**, Page A14



Photo by Rob Martinez

A portion of the riot training exercise simulated the rescue of a member of the civil disturbance formation who was taken by the rioters. The military police officer is being carried behind the formation.

18th MPD conducts local riot control training

By Anthony Reed

Scout Staff

The 18th Military Police Detachment conducted riot control training Aug. 3 at Brock Field here. The training, a vital skill set in the Military Police toolbox included basic riot control techniques, vulnerable striking areas, riot shield/baton techniques, civil disturbance formations, practical exercises and an after-action review at the conclusion of the training.

"We have to be ready at all times," said Staff Sgt. Adrian Galindo, Headquarters Company platoon sergeant, 18th MPD. "The training we do here is vital on deployments, but we may have to use it right here on post."

According to Galindo, Riot Control is used specifically for mass acts of civil unrest toward authority.

"Military Police train to control such crowds in any type of environment," he said. "We provide this

training for units who desire to broaden their capabilities by providing a baseline knowledge that unit leaders can expand upon."

Galindo said this type of training has been used effectively in many military contingencies and civil police operations. While not frequently used stateside by MPs, it is frequently used during deployments and contingency operations throughout the world.

Military Police were the subject-matter experts for the training, but, according to Galindo, the mission can and is executed by other military forces in an effort to assist local authorities in restoring law and order.

The training did not disrupt normal post operations. Galindo said this particular training was a normal Military Police task that did not involve the general public.

"Our job is to maintain order," Galindo said. "We have to be prepared because that order can be disrupted at any time. We train the way we fight."

Sierra Vista mayor receives national award for partnership with military

Association of Defense Communities release

Sierra Vista Mayor Tom Hessler was awarded the 2006 Community Leadership Award from the Association of Defense Communities at a ceremony on July 31 in Indianapolis. This national award recognizes an individual from a community with an active military installation whose leadership and commitment has been essential to the efforts in building partnerships with the military.

Hessler has served Sierra Vista in various positions for nearly 20 years, including being the city's

mayor since 1999. Throughout that period, he has been a dedicated and highly effective advocate of the city's neighboring defense installation and the largest economic driver in southern Arizona – Fort Huachuca.

Hessler helped establish two organizations who work to support of Fort Huachuca -- the chamber of commerce's military affairs committee and the Huachuca 50. Hessler was instrumental in initiating programs to strengthen the economic, historic and

See **COMMUNITY**, Page A15

Bowling coach is Volunteer of Month

Scout Staff

Ronald Fay is the Volunteer for the month of July. He is a level two bowling coach who conducts free coaching clinics for youth and adults. He has also been involved with youth for the past 28 years and is involved with the Desert Lanes Youth Bowling Leagues, according to Pam Allen, Family Services coordinator, Army Community Services.

Fay is a certified level one and two Junior Olympics program instructor. He also certifies the Desert Lanes Bowling Center each year.

"Thank you, Mr. Fay, for all you do here at Ft. Huachuca, to make this a better community," Allen said.

Col. Jonathan Hunter, Fort Huachuca garrison commander, presented Fay with a certificate of appreciation during the installation's Aug. 1 Round-up meeting.

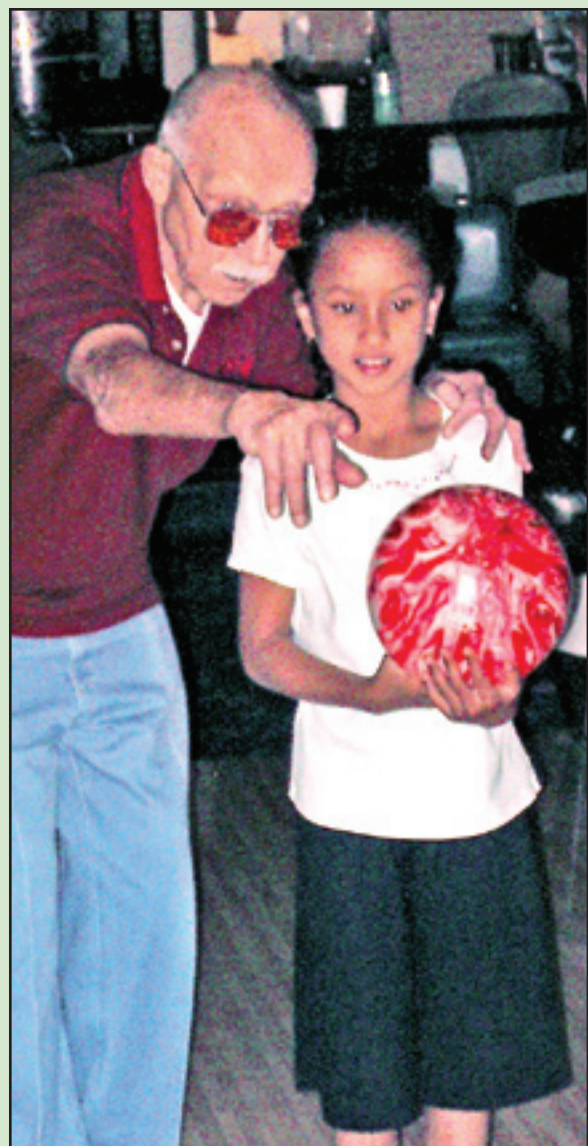


Photo by Anthony Reed

Ronald Fay helps Janeese Brooks, 9, with her stance. Janeese has been a bowler since she was 3.

Top Air Force NCO is team player

Story and Photo by Anthony Reed

Scout Staff

There is no "I" in team. The team is only as good as its coach, captain, point guard, quarterback, goalie or shortstop.

An Air Force unit here on an Army post serves as a consummate team player in regards to helping Military Intelligence students of all services excel in their courses.

For the 314th Training Squadron here, that consummate team player was honored as the post's Air Force Noncommissioned Officer of the Quarter.

Air Force Tech. Sgt. Eduard Dedousis said he was humbled to be named for the honor, but "I'm just doing what NCOs do – take care of our people."

Dedousis has served as the squadron's flight chief military training flight, or Air Force senior drill sergeant for the past four years. Prior to that, he was a drill sergeant at Lackland Air Force Base, Texas for more than five years.

The selection process for Air Force NCO of the Quarter was a little different than the other services. The candidates do not appear before a board. "All they saw was my records," said Dedousis. "To me, that's a lot more difficult. Though my record is good, I'd rather go before a board and speak on my own behalf."

Being on an Army installation is not much of a stretch for the 13-year Air Force veteran. "I was a military brat," he said. "My dad is retired Army, and I was born in Gelnhausen, Germany during one of his overseas tours. I bleed Air Force blue, but the Army green is in my blood."

One way Dedousis displays teamwork is the joint-service soccer team – the International Huachucas – he plays on. "We're really a purple (all branches of service) bunch of joint-service folks from all walks of life playing on a league championship team."

He likens the soccer team to his working relationship. "It's like one big happy family here," he said. "Even though we're on an Army post, there really is no rivalry between the services because here in this training environment, we all have a mission of mak-



Air Force NCO of the Quarter, Tech. Sgt. Eduard Dedousis (right) gives instruction to Airmen Basic Angelica Swenson, a student assigned to the 314th Training Squadron.

ing sure the students get the best training possible. We [all branches of service] work as one cohesive unit. If we have an Air Force function, we always invite our brethren from the other services and vice-versa."

Dedousis is responsible for 10 Air Force students sent here directly from basic training, along with 85 Air Force personnel who are here changing their Military Occupational Specialties.

Dedousis, his wife Kathleen and their three sons, ages 8, 4 and 8 weeks, will soon be headed back to "full-fledged Air Force life", as he will be departing Fort Huachuca headed to England in October. "It'll be fun getting back to being a supply NCO," he said.

The top Air Force NCO of the Quarter heaped praise on his squadron, peers, superiors, students and all the services. "I want to thank them for the opportunity to do a good job here," he said. "I'm only successful if they are successful."

CONUS stores now accept Voyager for payment at pump

AAFES news release

To help accommodate more military fleet customers and to speed up fueling transactions, the Army & Air Force Exchange Service now accepts Voyager credit cards for payment at its gasoline pumps at its CONUS locations.

Previously, Voyager credit cards were only authorized when military customers physically went into AAFES facilities to pay because of software limitations that didn't allow verification of user information at the pump. This limited the use of the card to the hours the facility was attended. Now, anything from officer staff cars to motor pool vehicles can fill up

and pay with Voyager at the pump at anytime, day or night.

"AAFES finance and technology directorates worked together for the last two years to make this option available," said AAFES Chief Financial Officer Mike Howard. "Adding Voyager to the pump is a way to ensure we are serving military communities' needs 24 hours a day, seven days a week."

AAFES information technology associates had to reprogram the gas pumps to accept information required by Voyager, such as driver identification number and odometer readings.

Roughly 260 AAFES shoppettes now accept Voyager for payment at the pump.



Courtesy photo

Water flows in canyon streams

The recent rains have caused normally dry streams to flow, creating unexpected discoveries and hidden surprises for those who wish to hike in the canyons on Fort Huachuca. While the recent rains have lowered fire danger and caused things to green up, the area is still in a drought and can remain so unless significant quantities of rain fall over a long period of time. Water conservation is critical in the arid southwest, and the Fort Huachuca community is asked to do its part. Water conservation will help preserve the San Pedro River and riparian area and will help assure the continued survival of Fort Huachuca.

Advertisement

MI Soldiers spruce up school grounds

Story and photos by Thom Williams

Scout Staff

Soldiers from the 304th Military Intelligence Battalion volunteered to spend early morning Aug. 3 sprucing up the grounds of Colonel Johnston Elementary School prior to the start of the new school year.

Fourteen lieutenants who are attending the Military Intelligence Officer Basic Course and a group of noncommissioned officers from Company B mowed, raked and swept the school grounds.

The Soldiers in the battalion sponsor the school. Throughout the year, they perform grounds maintenance, run a carnival, read to the students and host a Meals Ready to Eat Day that gives youngsters an opportunity to sample the food their parents eat while they are deployed or in the field.

"The community supports these Soldiers through Army Community Services so this is a chance for the Soldiers to give back to them," said Capt. Jude Frank, acting executive officer, Company C, 304th Military Intelligence Battalion.

"I think it's good for us to get out and show that we are just not only going out and helping with the war efforts but also helping the community," said 2nd Lt. Douglas Arbon, a student in MI OBC.



2nd Lt. Douglas Arbon (right), Company C, 304th Military Intelligence Battalion and 2nd Lt. Fred Britton trim a tree at Johnston Elementary School on Fort Huachuca. The Soldiers are students attending the Military Intelligence Officer Basic Course.



Sgt David Hernandez, Company B, 304th Military Intelligence Battalion trims weeds at Johnston Elementary School. The 304th MI Bn. sponsors the school.

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Expo brings together information technology users, providers

Story and photo by Rob Martinez
Scout Staff

Government civilians, contractors and Soldiers alike convened at the 2006 Information Technology Expo Aug. 3, at the Thunder Mountain Activity Centre.

According to Mary Lytle, an IT technician with the Directorate of Information Management, technology expos are an effective way for the government to view emerging technology. "I think they're very useful. I gain a lot of information, also there's the new products coming out ... things I'm interested in, like new servers for security."

Staff Sgt. Alan Willis, Company B, 309th Military Intelligence Battalion, appreciates the opportunity to view technology that is not available in regular venues. "There are things that we don't normally see. It brings the technology here in one location, a variety of it ... to not just the people who do the purchasing, but the Soldiers who actually work the systems ... and they can bring the information back to the command and better improve the military as a whole," he said.

Some of the technology is military occupational specialty specific. Willis went on to

See **EXPO**, Page A15

Staff Sgt. Alan Willis, Company B, 309th Military Intelligence Battalion, appreciates the opportunity to view technology not available in regular venues during the 2006 Information Technology Expo.



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RWBAHC hosts 2nd Annual Children's Health, Wellness Fair

Story and photos by Anthony Reed

Scout Staff

The Raymond W. Bliss Army Health Center here hosted a Children's Health and Wellness Fair Saturday inside and outside the facility.

Along with clinic personnel, booths and displays were manned by the Post Fire Department, Dental Activity, Veterinary Services, and the Army Community and Youth Services.

The fair featured a bike rodeo – including helmet giveaways and an inspection/repair station. Also, the car seat check and giveaway station was a hit with visitors.

In conjunction with the fair, the health center also offered more than 100 appointments for school and sports physicals – including immunizations.

"The fair was a huge success," said Selina Jeanise, RWBAHC public affairs officer. "We did a lot of good here today."



Family member Alexander Pierre, 11, a Smith Middle School sixth grader is administered an immunization shot by "Super Medic" Spc. Blaine MacDowell as part of the Children's Health and Wellness Fair at the Raymond W. Bliss Army Health Center. Alexander was completing his school physical. The health center offered more than 100 appointments for school and sports physicals – including immunizations as part of the fair.



Family member Elaine Clem and 10-year-old daughter, Erin spin the Smoker's Roulette Wheel to learn the dangers of gambling with your life by smoking at the Alcohol and Tobacco display at the Children's Health and Wellness Fair at the Raymond W. Bliss Army Health Center.



Beth McMillan, registered nurse, Raymond W. Bliss Army Health Center, teaches family member Jarron McCall, 10, about nutrition and choosing healthy meals at the Nutrition display during the Children's Health and Wellness Fair. "I'd rather choose muscle over fat," Jarron said.

Kathy Archer, Community Health Nurse, W. Bliss Army Health Center, uses Mr. Gross Mouth to show family member Anthony Beall, 11, how smoking or chewing tobacco can have adverse effects on one's health at the Children's Health and Wellness Fair at the center.

11th Signal Brigade holds organization day

Scout reports

The 11th Signal Brigade played and partied hard Friday during the brigade organization day. Family friendly and physical competition spanned the event; during the early morning activities, Soldiers worked up an appetite playing competitive sports. The goal was to see which battalion scored highest. Lunch, chillin' out and games rounded out the day, hopefully bring-

ing the members of the 11th Signal Brigade "Thunderbird" family closer together as a unit.

At the conclusion of festivities, 86th Signal Battalion Command Sgt. Maj. Lemuel Brock and Commander Lt. Col. Arlester Vernon accepted the first-place trophy from Col. Michael Yarmie, 11th Signal Brigade commander. The 86th Sig. Bn. were the winners of this year's organization day and have earned a year's worth of bragging rights.



1st Sgt. Prentice Bell, Company B, 40th Signal Battalion runs in the Guidon Race.



504th and 86th Signal Battalions compete for first place in basketball.

Photos by Pfc. Charlotte Black



Lt. Col. Geoffrey Mangelsdorf, 504th Signal Battalion commander, participates in the dunking booth. Does it come as a surprise that Soldiers in that unit gave their pitching arms a good workout?

Advertisement

Range closures

Thursday – AC, AD, AK, AL, AQ, AU, T1, T1A, T2
 Friday – AK
 Saturday – AU, T1, T1A, T2
 Sunday – AU, T1, T1A, T2
 Monday – AC, AD, AH, AK, AL, AR, AU, T3
 Tuesday – AC, AD, AG, AH, AK, AL, AM, AP, AR, AU, AY
 Wednesday – AC, AD, AL, AR, AU, T1, T1A, T2, T3

For more information on range closures contact Range Control at 533-7095. Closures are subject to daily change.

\$1,000 referral bonus offered

Soldiers can earn a \$1,000 lump sum payment for referring someone who enlists, completes basic training, and graduates from Advanced Individual Training.

Referrals must not have previously served in the Armed Forces. Individuals who are referred must enlist in the active Army, Army Reserve or Army National Guard. The referrals must not be immediate family members.

The Soldier referring must not be serving in a recruiting or retention assignment.

Exceptions are staff members who are not directly involved with the processing of applicants including staff members receiving special duty assignment pay.

Future Soldiers and Soldiers who are performing duties in the Hometown Recruiter Assistance Program, Special Recruiter Assistance Program, and Active Duty for Special Work Program are also eligible for the bonus.

For Army and Army Reserve referrals, call 1 (800) 223-3735 extension 6-0473 or visit the web site at usarec.army.mil/smart. For Army National Guard referrals, call 1 (800) 464-8273 ext. 3727 or visit the Web site at 1800go-guard.com/esar.

Mandatory company commanders' course

Company commanders or those slated to take command of a company soon are required to complete the Installation Company Commanders Course prior to assuming command or within two months of taking command. All first sergeants are also encouraged to attend.

The next CC course will be held Sept. 5-7. Registration forms must be received by Aug. 21 from those wishing to enroll. Class size is limited. Contact your S3 operations and plans personnel for registration forms or Suzette Krusemark at 533-3185. Or, e-mail suzette.krusemark@us.army.mil.

The Military Council of Catholic Women

The Military Council of Catholic Women will gather at 9 a.m. on Friday in the Blessed Sacrament Chapel in the Main Post Chapel. The group prays the rosary, shares fellowship, refreshments, and a program. The readings and questions are from the book "The Power of a Praying Woman." As always, watch-care is provided for children under 5.

For information, contact Karen Harper, 458-5983.

Housing Office temporary closures

The Housing Office will be closed from 11 a.m. to 4 p.m. on Aug. 24 for their annual Organization Day. The office will also be closed from 11 a.m. to 1 p.m. on Aug. 29 for a retirement luncheon.

Conservation Committee meets

The quarterly meeting of the Fort Huachuca Conservation Committee will be held Wednesday in the 111th MI Brigade Conference Room, Building 51005, from 10 to 11:30 a.m. The chair for this quarterly conservation committee meeting is Col. Jonathan Hunter, Fort Huachuca garrison commander.

The meeting provides updates on local natural resources and conservation programs including current activities on Fort Huachuca, the Upper San Pedro Partnership, and the City of Sierra Vista. The program for this meeting will be a presentation by Bob Malone of the Meteorological Team located here.

For additional information, call Robert Bridges at 533-1863.

Women's Equality Day

Fort Huachuca will celebrate Women's Equality Day from 10:30 - 11:30 a.m., Aug. 28., at Greely Hall Auditorium.

Command Sgt. Maj. Donna Harbolt will be the guest speaker. The free event will feature an exhibit depicting information on the Women Suffrage Movement and the many contributions women have made throughout the centuries.

For more information, call MSG Dana Williams, NETCOM EOA, at 538-0909.

Emergency planning meeting set

The Cochise county Local emergency planning committee's regular monthly meeting will be held at 1:30 p.m. Aug. 18 in the Science Building, Room 200 at Cochise College, 901 Colombo Street, in Sierra Vista. The public

is invited to attend.

For additional information call Mike Evans at 432-9550.

Leave donations sought

The following Department of the Army civilians on Fort Huachuca are currently on the Leave Donor Program and need leave donations: Joseph Barnhardt, USAISEC; Lorenza Buller-Duran, WCPOC; Linda Haldorson, MEDDAC; Annette Hamilton, MEDDAC; Pamela Hastings, CA/ITEC-4; Kenyetta Johnson, NETCOM; Lora Otero, CSLA; Patricia Paiz, 305th MI Bn; Susan Pester, MEDDAC; Patricia Ryan, CPOC; Roberta Brown-Thurman, NETCOM.

For additional information regarding the Leave Donor Program or how you can donate annual leave, contact Schenando Nason, Civilian Personnel Advisory Center, at 533-5273.

BC/BS representative here Aug. 24

A representative from Blue Cross/Blue Shield will be at Murr Community Center, Room # 3, from 11 a.m. to 1 p.m. Aug. 24th. Employees currently with BC/BS or those wishing more information about BC/BS are invited to visit the representative.

For more information, call 533-5273 or 533-5735.

Back-to-School event set

A special back-to-school event takes place Sunday at the Fort Huachuca Commissary. Industry partners will be at the store to give away backpacks and school supplies.

For information and hours, call 533-5540, extension 101.

FH Community Spouses' Club

The Fort Huachuca Community Spouses' Club will conduct the annual membership drive and community information fair from 10 a.m. to 2 p.m. on Wednesday at Murr Community Center.

The FHCSC is a club for everyone in the greater military community. The club strives to bring interesting functions to members and to raise money to benefit the scholarship and disbursement funds.

For more information, contact Sara Ripley at 458-4087 or e-mail sripley@cox.net.

Protestant Sunday Services

9:00 a.m. Gospel
 9:30 a.m. Protestant
 11 a.m. Cross Roads
 11 a.m. Collective Protestant

Roman Catholic Worship

Mon.-Fri. Mass 11:30 a.m.
 Sunday Mass 9:15 a.m.
 Sunday Mass 11:30 a.m.

Jewish Worship

2nd, 4th Friday 7 p.m.

Protestant

• PWOC Tuesday 9 a.m. & 6 p.m.

Women's Ministry Bible study

1st, 3rd Friday 6 p.m.
 • Bible Study/Choir Practice Thursday 6 p.m.
 • Ministerial Staff Training Tuesday 6 p.m.
 • Men's Choir Rehearsal Tuesday 7 p.m.
 • Youth Fellowship 3rd, 4th Saturdays 8:30 a.m.
 • Women's Choir 2nd Tuesday 7 p.m.
 • Women's Choir 5th Saturdays 11 a.m.
 • Youth Church 1st, 2nd, 3rd, & 5th

Sunday 9 a.m.

Catholic

• CCD Sunday 10:45 a.m.
 • Adoration of the Blessed Sacrament Friday 3 - 6 p.m.
 • MCCW 1st Friday 9 a.m.

Korean

Choir practice Friday 6:30 p.m.
 OCIA Friday 7 p.m.

Muslim Prayer

Friday 12:15 p.m.

Orthodox Divine Liturgy

1st & 3rd Sunday 9:30 a.m.

Latter Day Saints Service

Sunday 1 p.m.

Youth Ministries

• Middle school Sunday 4 - 5 p.m.
 • High school Sunday 5:30 - 7 p.m.

Legend

Main Post
 Main Post, Room 24
 Main Post Blessed Sacrament Chapel
 Prosser Village
 Kino Chapel
 Eifler

Advertisement

From **SALE**, Page A3

- Winning bidders have 10 business days to make full payment. After 10 days the bid deposit is forfeited and the temporary facility becomes the property of Fort Huachuca, which can elect to offer it to the next highest bidder or remove it from sale.
- Unsuccessful bid deposits will be returned after the sale. They will be mailed or destroyed as requested by the bidder.

All buildings are sold as is and no warranty is made to their condition. The winning bidder has no

requirement to remove any slab, cradle, sleeper, pier or foundation associated with the temporary structure or facility that is purchased.

The government reserves the right to add or remove structures and facilities from this list up to the day of sale. The government reserves the right to reject any or all bids.

All winning bidders must remove their property by close of business Sept. 30.

Sale of excess facilities is an established practice known as demolition by removal. The Army Corps

of Engineers has selected the removal option “sale to the public.” Approximately \$65,000 was budgeted to remove these facilities. That \$65,000 now represents a cost avoidance. The Facilities Reduction Program at the Engineering and Support Center in Huntsville, Ala. and Fort Huachuca each get credit for 100 per-cent landfill diversion of waste materials.

For additional information, call the U.S. Army Corps of Engineers, Fort Huachuca project manager at 533-1473.

From **IMC**, Page A3

subordinate commands under the IMCOM. “This new command is the next logical step in the evolution of IMA,” said Lt. Gen. Robert Wilson, the ACSIM. “Retaining CFSC and AEC as distinct commands capitalizes on the brand-name trust and confidence these two organizations enjoy throughout the Army.” The new organization will be commanded by a lieutenant general who will also retain the position of assistant chief of staff for installation management on the Army staff. The general officer will be nominated by the President and confirmed by the Senate.

Other leadership changes include the former IMA director position, a major general, who will become IMCOM’s deputy commander. The deputy ACSIM will remain a Senior Executive Service civilian. As part of the recently concluded Base Realignment and Closure process, IMCOM, most of which is currently based in Virginia and Maryland, will relocate to and co-locate at Fort Sam Houston, Texas, with its deputy commander. The ACSIM and his staff will remain at the Pentagon. “This major organizational change will create a far

more effective, efficient and agile organization to ensure that the world’s best Army is supported on the world’s best installations,” Wilson said. “We are committed to ensuring that the critical programs and services on which our Soldiers and their families rely will continue seamlessly throughout this transition period.” Wilson also said that while the new organization will most likely be smaller than the current structure, it will be an organization that is “committed to managing personnel changes through attrition in order to minimize turbulence.”

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say, “In the corner there, they’ve got school courseware they just finished last week for the 97 Echoes [Human Intelligence Collector] and Bravos [Counter Intelligence Agents.] We keep an eye out for it. If we like it, we get it.”

The benefits of the expo are not one sided; companies can gain information on the needs of the government by talking to the people who put their products to use.

Scott McCausland, regional sales manager for Altris, attended the expo here for the first time. “I always find them [expos] well attended,” he said. “People walk up and ask good questions. This is a great opportunity for the government to get closer to new technology ... and more than anything, an awareness of what we provide and how we can help streamline processes and make things better in the IT environment.”

social ties between the Army installation and historic commercial districts in neighboring communities. He also helped maintain positive development around the post through a joint land-use study between the city and base.

Perhaps the best example of Hessler’s drive to support Fort Huachuca has been his approach to solving the thorny dispute between the post and conservationists attempting to preserve the overdrawn aquifer that feeds the San Pedro River. According to a federal biological opinion, Fort Huachuca is responsible for mitigating its proportion of the aquifer overdraft by 2011. Under Hessler’s leadership, the city has instituted an array of water management initiatives to aid Fort Huachuca’s water-saving efforts including rebate and home retrofit programs, revising the city code and conducting a public outreach campaign. In 2002, the city opened its new wastewater treatment facility that recharges the city’s treated effluent to the aquifer. By

introducing numerous programs and reworking city practices, Hessler has personally assured that Fort Huachuca does not bear that burden alone.

“Sierra Vista is a proud army town and has been for many years,” remarked Hessler. He continued, “It’s an honor to be recognized by such a prestigious organization as the ADC and I am humbled by the award. I accept it on behalf of the fine citizens who maintain the superior relationship between the fort community and citizens of Sierra Vista.”

(Editor’s note: The Association of Defense Communities, based in Washington, D.C., is the voice for communities and states with a significant military presence. ADC’s members unite the diverse interests of communities, state government, the private sector, and the military on issues of base closure, community military partnerships, defense real estate, mission growth, mission sustainment, military privatization, and redevelopment/realignment.)

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Gen. Myer Elementary School

Story and photos by Rob Martinez

Scout Staff

Not only will it be a new school year, but new and returning Gen. Myer Elementary School students will attend it in a new building with larger, newly decorated rooms, and modern facilities.

The new Myer School was dedicated Friday with a celebration and ribbon cutting. The Panther Band and the choir entertained the faculty and guests, and were followed by speeches by prominent Fort Huachuca and Cochise County representatives. Some speakers were Gen. Myer Elementary School alumni who attended the school as far back as the fifties and sixties.

The school had an open house on Tuesday and was ready for classes on Wednesday.

"We are all very excited ... looking forward to it," said Connie Johnson, Myer principal. "The school we were in is about to be fifty years old ... so it just made sense to have a new school. We're fortunate to have enough funds to be able to do that. It's wonderful to be able to get away from the portables and ... have the school all in one big building.

"Everybody is very excited about it. I think it's beautiful and it's going to be a wonderful school for the students."

Myer is an accommodation school, and has a one-person board. "It's quite unusual, but the reason that the legislature did that was so we could be a public school; ... there'd be an elected official who would be in charge ... and we follow all of the laws in Arizona. Even though most of the students are military, they did not give us that DoD label," Johnson said.

According to Johnson, Meyer still receives federal funds. Students of active-duty military are considered impact aid because the school doesn't have a tax base and they are accommodating the students of military families. If they were a DoD school, they would receive primarily federal funding and little state funds.

"It makes it really nice to be able to get some state funding," Johnson said.

Fort Huachuca Accommodation Schools Superintendent Dr. Ronda Frueauff said it's been a two- to three- year planning process for this school to be finished. It's been under construction for about a year and cost \$10 million.

The student body is primarily composed of students who live on the installation. Military families that live off post can send their children to the school servicing their area or can apply for open enrollment at the accommodation schools. There are about 1,100 students attending all three schools.

One major change for Myer is that third graders will now be with fourth and fifth graders. Third graders used to attend Johnston.

Johnston School will have pre-kindergarten through second grade. Preschool there is only for the special education program. Smith Middle School will have sixth through eighth-grade students.

The new Myer building also has a larger library and a better infrastructure to accommodate new technology. "That really makes it a better opportunity for us," Frueauff said. "The older building sufficed, but as you know with older buildings, it's really hard to do all the wiring and cabling you need to do fiber optics and that sort of thing ... to enhance the curriculum for students."

Librarian Marsha Hamric said, "I loved the old school, but it was an old school, and this is so open, so much room. We are going to have so much fun in here. I am so excited."

A significant change to the library is that it has much more space, allowing students to take part in different activities in different parts of the room. And, most of the light comes in from windows that give a panoramic view of the Huachuca Mountains.

"Over there we were on the backside; we faced the street. This is a drastic improvement ... space and windows, that's the big difference. The old building was a wonderful place. This building just outdoes it though," Hamric said.

Janet Jose, a fourth-grade teacher, believes the new school offers the students a better environment and enhances the present academic climate afforded by the Gen. Myer curriculum. "We have the best teachers, and many programs for the kids that will help them succeed in school, band, music, after school programs." Jose taught at the old Myer for a year, before the move.

Fourth-grade teacher Suzi Szymezek found that the move helped in another way as well.

"It gave me a chance to get rid of a few things, so it's less cluttered for most of us. Everything is a lot neater looking."

Marie Lee has taught third grade for ten years and is part of the group of six who moved over from Col. Johnston Elementary. She said that another perk resulting from the move is that the third graders have an art teacher now. All the third grade teachers had to teach art on their own.

She is also pleased with how smoothly the move went. "The staff has been very nice and accommodating, welcoming us. Some of us have been over there a long time. It was hard to leave Johnston, but it's nice to be in a new building. It's pretty exciting, fun to put a new classroom together after ten years."



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Children play and learn in a 1950s classroom.

Courtesy photos



The Myer School Choir performed the "Pledge of Allegiance" at the

ool opens doors to new facility

l bricks from the old Myer School were used in the new
d 500 bricks will be sold with
ers' names written in callig-
ealed. The bricks will placed
around the new building's
e entrance to the school was
nnie Circle in honor of the
en. Myer Principal, Connie



Gen. Myer Principal Connie Johnson welcomes Officer Ken Lawson, a Fort Huachuca security officer and Gen. Myer alumni, to the podium.

Fifth-grader Megan (left) and sixth-grader Kaitlyn Sokolowski get a preview of Music Teacher Linda Dailing's Latin and African drum program during open house Tuesday. Wood from the old Myer School's gymnasium floor was used to make the stage for the music room.



Janet Jose, fourth-grade teacher (right), welcomes (from left) Allison, Annalisa, and Megan O'Bryan to Gen. Myer Elementary during an open house on Tuesday.



beginning of the dedication.



The Panther band provided entertainment for the dedication of Gen. Myer Elementary. The drum line played a beat while administrators, faculty, and guests who spoke at the dedication walked on stage.

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Service News



Ultimate sacrifice in support of Global War On Terrorism

Lance Cpl. James Higgins, 22, of Frederick, Md., died July 27 from wounds received while conducting combat operations in Al Anbar province, Iraq. He was assigned to 1st Battalion, 1st Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, Camp Pendleton, Calif.

Lance Cpl. Adam Murray, 21, of Cordova, Tenn., died July 27 while conducting combat operations in Al Anbar province, Iraq. He was assigned to 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Cpl. Timothy Roos, 21, of Cincinnati, Ohio, died July 27 from wounds received while conducting combat operations in Al Anbar province, Iraq. He was assigned to 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Pfc. Enrique Sanchez, 21, of Garner, N.C., died July 27 while conducting combat operations

in Al Anbar province, Iraq. He was assigned to 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Lance Cpl. Anthony Butterfield, 19, of Clovis, Calif. and **Sgt. Christian B. Williams, 27**, of Winter Haven, Fla. died July 29 while conducting combat operations in Al Anbar province, Iraq. They were assigned to 3rd Light Armored Reconnaissance Battalion, 1st Marine Division, I Marine Expeditionary Force, Twentynine Palms, Calif.

Cpl. Phillip Baucus, 28, of Wolf Creek, Mont., died July 29 while conducting combat operations in Al Anbar province, Iraq. He was assigned to 3rd Light Armored Reconnaissance Battalion, 1st Marine Division, I Marine Expeditionary Force, Twentynine Palms, Calif.

Pfc. Jason Hanson, 21, of Forks, Wash., died July 29 while conducting combat operations in

Al Anbar province, Iraq. He was assigned to 3rd Light Armored Reconnaissance Battalion, 1st Marine Division, I Marine Expeditionary Force, Twentynine Palms, Calif.

Sgt. Ryan Jopek, 20, of Merrill, Wis., died in Tikrit, Iraq on Aug. 2 of injuries suffered when an improvised explosive device detonated near his convoy. Jopek was assigned to the Army National Guard's 2nd Battalion, 127th Infantry Regiment, Waupun, Wis.

Sgt. Dustin Laird, 23, of Martin, Tenn., died on Aug. 2 during combat operations in Al Qaim, Iraq. Laird was assigned to the Army National Guard 913th Engineer Company, 46th Engineer Battalion, Union City, Tenn.

Cpl. Joseph Tomci, 21, of Stow, Ohio, died Aug. 2 while conducting combat operations in Al Anbar province, Iraq. He was assigned to the 3rd Battalion, 8th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, Camp

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Lejeune, N.C.

Spc. Hai Ming Hsia, 37, of New York, N.Y., died Aug. 1 during combat operations in Ar Ramadi, Iraq. Hsia was assigned to the 6th Infantry Regiment, 1st Armored Division, Baumholder, Germany.

Sgt. Joshua Ford, 20, of Wayne, Neb., died on July 31 during combat operations in Al Numaniyah, Iraq. Ford was assigned to the Army National Guard 189th Transportation Company, 485th Corps Support Battalion, Norfolk, Neb.

Sgt. George Ulloa Jr., 23, of Austin, Texas, died Aug. 3 from wounds suffered while conducting combat operations in Al Anbar province, Iraq. He was assigned to 2nd Tank Battalion, 2nd Marine Division, II Marine Expeditionary Force, Camp Lejeune, N.C.

Lance Cpl. Kurt Dechen, 24, of Springfield, Vt., died Aug. 3 from wounds received while conducting combat operations in Al Anbar province, Iraq. He was assigned to 1st Battalion, 25th Marine Regiment, 4th Marine Division, while attached to Regimental Combat Team 5, I Marine Expeditionary Force, Camp Pendleton, Calif.

Petty Officer 2nd Class Marc Lee, 28, of Hood River, Ore., was killed on Aug. 2 during combat operations while on patrol in Ramadi, Iraq. Lee was an aviation ordnanceman and a member of a West Coast-based SEAL Team.

Federal voting assistance program kicks into high gear

By Jim Garamone

American Forces Press Service

The Federal Voting Assistance Program office is pulling out the stops to ensure all servicemembers and their families who wish to can vote.

Polli Brunelli, the program's chief, said the program has learned from experience and has put in place a system to make it relatively painless for servicemembers and their families to vote in 2006 mid-term elections.

And, she added, servicemembers and their families want to vote. They generally vote in greater percentage than the general population, Brunelli said. She also stressed that these votes count. Absentee ballots decided a number of elections in 2004. "Election officials count every absentee ballot," Brunelli said.

The program covers not only military personnel, but also DoD civilians and DoD contractors. It depends on dedicated officers and noncommissioned officers at unit level. Each unit has a voting assistance officer, and they are the primary points of contact for servicemembers casting absentee ballots.

A number of changes are being implemented in this election cycle. Some states will now send

ballots to requesters via e-mail. Others will fax the ballots. Each state is responsible for voting by its citizens, so the laws and programs offered vary.

Other changes include a revised Federal Postcard Application form. "It's bigger and better and easier to read," Brunelli said. "We have several blocks on there for (voters) to put alternative addresses if they are on the move. There is also a place to put their e-mail address. This is very important, because local election officials want to be able to communicate to voters."

Ballots will arrive to servicemembers in September or October. To be sure votes arrive on time, Brunelli is telling servicemembers to mail in their voted ballots the week of Oct. 8 to 14.

If all things work perfectly -- and they usually do -- servicemembers will receive their ballots from local election official and return them without a hitch. But problems can happen: the address is wrong; the mail can't get to an isolated area in a timely manner; and so on. In such cases, servicemembers can use the Federal Write-In Absentee Ballot.

"It doesn't matter what ballot you get ... vote it," Brunelli said. "If the state ballot arrives after (submitting a write-in ballot), they should vote that, too. Local election officials will sort that out at their end."

For more about the Federal Voting Assistance Program, log on to <http://www.fvap.gov/>.

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Fall Festival set for September-vendor applications available, carnival tickets go on sale Monday

MWR has announced that the 2006 Fall Fun Festival will be held Sept. 15, 16 and 17, at Veterans Memorial Park located off Fry Boulevard, Sierra Vista. Festival hours will be 4 p.m. - midnight, Friday; noon - midnight, Saturday; and noon - 5 p.m., Sunday.

The festival is open to the public and there is no charge to enter the grounds or for the entertainment events.

Along with the continuous live entertainment and DJs, many other activities will be available including food, craft, art, commercial and novelty vendors and more.

One of the Fun Festival's biggest attractions will be the popular City of Fun Carnival, with rides for all ages and thrill levels. Advance carnival tickets

will go on sale Monday.

Carnival tickets purchased in advance are \$6 per sheet of 10, at the carnival \$8 per sheet of 10.

Fort Huachuca ticket outlets are Murr Community Center and Desert Lanes. Tickets may also be purchased at Safeway in Sierra Vista.

For more ticket information, call 533-2404.

Private organizations, food, craft and other vendors are encouraged to take part in this opportunity. Vendor applications are available now at Barnes Field House.

For more information, call Susan Gasca at 678-4446 or Susan Keltner at 533-0351 or e-mail fallfest06sv@yahoo.com.

Another popular festival event will be the 5 kilometer Mutt March held at 7 a.m., Sept. 16. Bring your



pet and participate. Cost is \$5 for pet and human. Refreshments and a finish ribbon will be included.

For more information on the Mutt March, call 538-0836

Contestants sought for Military Idol

Army MWR is looking for contestants for the annual Military Idol Competition. Active duty amateur vocalists are invited to submit applications.

Anyone interested on the local level is urged to get their application, either at Thunder Mountain Activity Centre or on line at www.militaryidol.com.

The first local round of the Military Idol Competition will be held at 6 p.m. Sept. 8 at Thunder Mountain Activity Centre. The event is open to the public and there is no admission charge.

Army MWR, in the tradition of the "American Idol" television series, is sponsoring the competition.

Active duty military contestants are competing for cash prizes and for the title of "National Military Idol."

At the installation level, the following prizes will be awarded: 3rd place, \$100; 2nd place, \$250; and 1st place, \$500. The winner at each installation will be submitted for consideration on the national level.

The final local competition is scheduled for Sept. 22, at Thunder Mountain Activity Centre.

Twelve national finalists will be chosen to compete at the National Military Idol Competition, to be held Oct. 28 - Nov. 6 at Fort Belvoir, Va.

For more information, call TMAC at 533-3802.

Trail ride, steak BBQ, set for Saturday

From 5 to 7 p.m. Saturday, Buffalo Corral will offer a trail ride, followed by a steak barbecue. Reservations are required by close of business tomorrow.

For more information, call 533-5220.

Coaches' meeting for CC flag football

The coaches' meeting for the 2006 Commander's Cup Intramural Flag Football Program will be held at 10 a.m. Monday at Barnes Field House. Units wishing to participate in the program should submit a letter of intent, with coach's name, duty phone and e-mail address at this meeting.

Team rosters are due Aug. 24 and the program

will begin Aug. 28. Games will be played at 6 p.m. at Bujalski and Sentinel Fields.

This is a recreational program, open to all authorized MWR patrons. For more information, call Tom Lumley at 533-5031 or e-mail: thomas.lumley@hua.army.mil.

ITR has moved, downscaled services

The MWR Information, Tickets and Reservations Office has moved to Murr Community Center.

Ticket services have been downscaled, but ITR will now offer recreation classes such as yoga, ballroom dancing, salsa, foreign language, etc.

ITR will still offer local area tickets such as the Tucson Convention Center. They will also continue to offer information on ticket outlets.

MWR has information on outlets where customers can continue to obtain tickets at the military price.

For more information, call 533-2404.

Morning pilates class at BFH

A morning pilates class will be offered at 9 a.m. Wednesdays and Fridays, beginning Wednesday at Barnes Field House. For more information, call Barnes Field House at 533-2948.

New photography class starts Aug. 17

The MWR Arts Center will offer a photography class for adults from 6 to 8 p.m. beginning Aug. 17.

For more information or to register, visit the MWR Arts Center, Building 52008, Arizona Street, or call 533-2015.

CDC to offer special child care hours

Child and Youth Services will offer "Parents' Night Out," from 6 to 10 p.m. Aug. 19, at the New Beginnings Child Development Center. These special care hours will be offered on a monthly basis. The CDC is located in Building 48101, Smith Street.

Pre-registration is required. To sign up, call the

Central Registration Office at 533-0738.

Multi-Sport Summer Series continues

The MWR Sports and Fitness Branch is hosting the annual Multi-Sport Summer Series.

The second event is the 2-10-2 Biathlon, to be held starting at 7 a.m. Aug. 19. This event consists of a two mile-run, a 10-mile bike ride and a two mile run. Deadline to sign up for the Biathlon is Aug. 18.

Entry forms are available now at Barnes Field House, or online at www.active.com.

For registration, call 533-3858 or 533-5031.

Youth program needs instructors

The Child and Youth Services SKIES *Unlimited* program is looking for experienced instructors to teach classes in tap dance, ballet, piano and guitar for youth. For more information, call Carrie Bradke at 533-8347.

Vet clinic offers services for your pet

The Fort Huachuca Veterinary Clinic serves military working dogs, Border Patrol dogs and horses, USDA Forest Service horses, Buffalo Corral horses, and B Troop horses, plus more than 5000 privately-owned animals.

Appointments for procedures such as vaccinations, nail trims and heartworm tests, done by veterinary technicians, are available from 9 a.m. to noon, and 1 to 3 p.m., Monday, Tuesday and Wednesday.

The clinic is open from 1 to 4 p.m. Thursday, only for sales of pet-related items.

From 9 a.m. to noon Friday, procedures performed by technicians are available on a walk-in basis. No appointment is necessary.

The clinic is closed for inventory the last working day of each month.

Veterinary Services also offers a night clinic on a quarterly basis.

For more information or to schedule an appointment, call 533-2767.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com

The Scout TimeOut

San Pedro River floods twice last week, rare event

Story and photos by Joan Vasey
Scout Staff

Hundreds of people visited the San Pedro River Aug. 3 for a rare event. The river flooded its banks for the second time in less than two weeks.

The one-lane bridge which opened up this spring was closed again as county officials feared the bridge would flood again that evening.

Meanwhile, hundreds of people parked their cars and enjoyed a stroll over the bridge while they surveyed the flooding. There was a holiday atmosphere among the crowd.

"I've lived here for 14 years and never seen the river flood twice in one week," said Joe Cross, a Hereford resident.

In addition to other things, the river carried away pieces of dead cottonwood trees. downed after a wildfire swept through the riparian area.

"I should have brought an inner tube," one man joked.

As darkness approached, Cochise County Sheriff's deputies asked onlookers to leave, then stationed themselves at the bridge to prevent access in case the river rose as expected.

Rivers and streams can rise very quickly during Arizona's monsoon weather. Normally dry arroyos and washes can also fill with water, even when it's not raining nearby.

Motorists are reminded to use caution and to think twice before crossing flooded areas. Or, pull over to the side of the road on high ground until flood waters recede. If possible, avoid travel when flood warnings are in effect.



Trees in normally dry lands adjacent to the river are in several feet of water and take a pounding from the raging river.



A young boy watches the muddy water as it races by and seems to wonder where it's all going to end up.



Hundreds of people strolled over the Hereford Bridge to watch San Pedro River flood waters rush by.



A ghostly blanket of white stretches across the Huachuca Mountains following Thursday's rain event.

Fit for Life: Training and energy systems for exercise

By George Colfer, Ph.D.
(Part one of a two-part article)

There are two different and specific training systems that define physical fitness, sport fitness and military fitness. The terms 'aerobic' and 'anaerobic' are known to most people. However, the body fueling process for each system is usually not common knowledge.

Aerobic training is activity performed in the presence of oxygen and it uses fat as the major source of fuel. Aerobic is synonymous with endurance, total work capacity, cardiovascular fitness and activities of long duration. Most aerobic modes of training state a duration of 30 to 60 minutes with low to moderate intensity and a frequency of three to five times weekly. Actually, activities that last a minimum of three to five minutes will generally get most of the needed energy from the aerobic energy systems. However, such a short duration will not improve your capacity for exercise or work, nor meet health-related fitness criteria. Increasing

the length of the activity period is associated with good health, work and exercise capacity.

Aerobic training is best known for developing the cardio respiratory system, the burning of body fat and developing type I or "slow twitch" muscle fibers which are necessary to tolerate and perform longer bouts of exercise and work. It is safe to say that aerobic activity is most important regarding physical fitness for the majority of people.

Anaerobic activity is high-intensity activity performed in the absence of oxygen (oxygen debt) and it uses glucose as the major source of fuel. Oxygen debt is the difference between the exact amount of oxygen needed for exercise and the amount actually taken in.

The training effect for anaerobic activity is to reduce the O₂ debt and to increase fueling sources for muscular contraction. When O₂ debt occurs you begin to breathe heavily. After exercise stops, you repay the debt and normal breathing returns.

If the debt becomes too high, the quality of activity diminishes, and, in some cases, activity ceases because the body is unable to provide a fuel source to continue. Depending on how intense the activity is the time before one "bonks" could be 30 seconds or less, contingent upon the anaerobic fitness level of the participant.

Most anaerobic activity relates to sport, but is not exclusive to it. High-intensity, short duration bouts of activity also take place in military and everyday life. Examples would be short sprints, lifting heavy weights, emergency situations and sporting situations such as a football play, hitting a baseball or a field event in track and field. These and many others require a high-intensity output of energy for a short duration to complete the task.

Anaerobic energy systems depend on the development of "fast twitch" or type II muscle fibers. Anaerobic tasks do not depend on oxygen metabolism as aerobic ones do.

Since oxygen is not used as an energy supply for anaerobic activities, the body relies on a chemical compound called Adenosine Triphosphate and Phosphocreatine. Both substances are made from the food we eat and both are stored in the muscles. They provide the energy for muscle contraction. This is

known as the ATP/PC energy system which supplies energy for about the first six seconds of high-intensity work or up to 30 seconds for intense work.

At this point, another system called lactic acid kicks in and provides energy for about two to three minutes. After three minutes, the oxidative or oxygen system takes over and the task starts to



File photo

High levels of physical fitness mean that Soldiers and civilians are better prepared for PT tests and competitive races.

become aerobic.

Lactic acid is a waste product of carbohydrate metabolism and as it accumulates it normally signals fatigue. However, if the body can move LA quickly enough through the bloodstream, it can be reused for energy. This would be the second stage of fueling the body anaerobically. The limiting factor becomes the body's ability to regenerate the supply of ATP/PC and LA.

Proper training will improve one's capacity to use the ATP/PC and LA systems to postpone O₂ debt.

There is a basic body fuel sequence that can be observed, but only for a trained individual. A training effect needs to take place before the sequence can be relied upon. Therefore, the untrained individual may not be able to perform an anaerobic task for up to 30 seconds or an aerobic one after two to three minutes.

(Part 2 of this article will cover fast twitch vs. slow twitch muscle fibers; developing the anaerobic and aerobic systems; sport, military and physical fitness needs.)



File photo

This Soldier strains while trying to "max out" sit ups during a timed event. Regular training over a long interval helps Soldiers develop the endurance they need to score well on physical training tests and to perform other physical skills required of Soldiers.



File photo

Spc. Christine Boilard, a Soldier formerly stationed at Fort Huachuca, prepares for an upcoming Army boxing competition.

International Huachucas net post soccer championship

Story and photos submitted
by 314th Training Squadron

The International Huachucas shut out the Kickers 4-0 in the post Soccer Championship Aug. 3.

The club is comprised of Air Force, Army, and civilian personnel.

"We have drill sergeants, (Advanced Individual Training) students, temporary duty personnel, (Department of Defense) civilians and civilians from the local community," said Eduard Dedousis, International Huachucas coach and captain. "We have members from Germany, Mexico, the United States, Sudan, Trinidad and Austria. We're really a (all branches of service) purple bunch of joint-service folks from all walks of life playing on a league championship team."

After a scoreless first half, the champs scored its initial goal on a penalty shot by Dedousis in the beginning of the second half. The coach/captain led by example, scoring another goal minutes later.

Patrick Holtgren put the Huachucas ahead 3-0 with a header from a corner kick.

Nick Williams and Steven Settle combined for the final goal.

"They played extremely hard," Dedousis said of his opponents. "It was payback."

During the regular season, the Kickers handed the Huachucas its only loss.

The champs were 9-1 in the regular season and breezed through the playoffs.

According to Dedousis, the team has been in existence for five seasons. "We've improved every season," he said.

Dedousis said the team struggled through two winless seasons, winning and tying a game one season, last



Eduard Dedousis(20) puts in a penalty shot past Kickers' keeper as Patrick Hultgren (9) moves in to cover any potential rebounds.

season's four wins and a playoff berth, culminated by this season's championship.

"This is my first championship in anything," said Huachuca left back, Luis Chavez, "and it really feels good!"

It was a bittersweet win for Settle, who will be headed to Texas, along with Mike Barron to be an assistant coach at a college in Texas. "It was great playing with these guys for the past two seasons."

The team also loses Chuck Sonnenberg and Sterling Outram, who will be deploying soon.

"It is an honor to win this with such a great group of players," said Dedousis, who will be headed to England in the fall. "We are currently preparing for the fall season, which starts in September. We are in need of a few quality female players and a goal keeper or two, but the nucleus of the club will be here for the season to start our next campaign."



Robert Ryan (7) winds up for shot on goal as Eduard Dedousis (20) looks on.

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Film industry veterans give workshops

FilmWest continues to offer its Professional Film Making Workshop Series to Arizona film and television apprentices throughout the summer. The curriculum of the "immersion" style workshop series is designed to introduce a variety of entry-level production training to people with little or no film experience. The workshops are being lead by veteran industry professionals both from Arizona and Hollywood.

Registration begins at 9 a.m. and the workshop hours are 10 a.m. to 6 p.m. Lunch will be served. Old Tucson Studios is located at 201 S. Kinney Road in Tucson, Arizona. Admission is \$75/\$65 for students. Registrants can contact Elizabeth Lohman at filmwestworkshops@gmail.com or call 520-883-0100 ext. 258.

Saturday is Transportation/Location Management; Introduction to Stunts/Acting on set is Aug. 19; Production Office Management Aug. 26.

Audie Murphy Club event

The Audie Murphy Club will hold a special event from 6–10 p.m. Saturday at the Veterans of Foreign Wars building off Buffalo Soldier Trail, Sierra Vista.

For information, call 533-6076 or 533-7822 or e-mail Jeremy.toor@gmail.com.

Lipizzaner Stallions to perform

The "World Famous" Lipizzaner Stallions will perform in three shows at the Tucson Arena, 260 South Church Avenue, at 7:30 p.m. Aug. 25 and at 2 p.m. and 7:30 p.m. Aug. 26. The troupe will perform the 36th anniversary presentation of the "Dancing White Stallions".

Tickets for the show are also available at the Fort Huachuca Information, Ticket and Reservation Office at Murr Community Center.

Adult tickets are \$28.50, \$23.50 and \$20.50 while Children under 12 and seniors over 60 tickets are \$28.50, \$21.50 and \$18.50.

For more information call ITR at 533-2404.

Tickets also may be purchased at the Tucson Arena Ticket Office, all Ticketmaster outlets and online at ticketmaster.com.

Old Crows luncheon

The Cochise Chapter – Association of Old Crows is hosting a joint luncheon co-sponsored by the local chapters of the International Test and Evaluation Association, Armed Forces Communications Electronics Association, Institute of Electrical and Electronics Engineers, and the Military Intelligence Corps Association.

The Guest Speaker is Hervey Martin-Rude, senior test officer, Intelligence Electronic Warfare Test Directorate. He will speak on the topic of "Testing Tools Keeping Pace with Technology (IEWTD and Operational Testing)."

The event takes place Aug. 17 at 11:30 a.m. at the Thunder Mountain Activity Centre on Fort Huachuca, Arizona.

Tickets are \$10 at the door for the German buffet, and include the beverage and gratuity.

RSVP no later than noon, Aug. 16 to one of the following representatives:

ITEA: Terry Wilson, terry.wilson@ngc.com, 538-5143

AFCEA: Rich Besselman, richard.besselman@epscorp.com, 417-2124

Larry Bingaman, larry.bingaman@us.army.mil, 538-7624

IEEE: Bob Reiner, rjreiner5@msn.com, 458-1818

MICA: Lou Frere, loufrere@netbeam.net, 533-6824

AOC: Dick Mortensen, richard.mortensen@us.army.mil, 538-3570

This non-profit professional development luncheon is open to the public.

Henry Hauser Museum volunteers

Volunteers are needed for the Henry Hauser Museum Gift Shop located inside the Ethel Berger Center, 2950

E. Tacoma St., Sierra Vista.

The following shifts are available: Monday, 9 a.m. to 2 p.m.; Tuesday, 1 p.m. to 3:30 p.m. and 3:30 p.m. to 5 p.m.; Wednesday, 9 a.m. to 5 p.m. (hours may be split); Thursday, 11 a.m. to 5 p.m. (hours may be split).

For information, call Jan Kidd at 459-7753.

7th Annual Hummingbird Triathlon slated

Parks and Leisure Services will be hosting this year's triathlon beginning at the Cove on August 26 at 6 a.m. The event will consist of an 800-meter swim, 13-mile bike ride, and a 5-kilometer run. Maps are available at all Parks & Leisure facilities. Registration is now underway.

Individual entry fee is \$35 per person or \$65 for a team, and includes an event t-shirt. Awards will be presented to the top three competitors in each of the eight male and eight female age divisions, and to the top two female, top two male and top two co-ed teams. Call the Cove at 417-4800 or Parks and Leisure at 458-7922 for more information.

Free preservation workshop

On Saturday from 9 a.m. to 4 p.m. at the Oscar Yrun Community Center, the Henry F. Hauser Museum is sponsoring a preservation and encapsulation workshop. Learn how to preserve family documents, photographs, and other precious heirlooms.

The instructor, Steve Hoza, is the professional conservator for the Hoo-hoogam Ki Museum in Scottsdale. Registration is limited, so register early. The preservation portion of the workshop runs from 9 to 11:30 a.m., followed by a break for lunch. The encapsulation portion lasts from 1 to 4 p.m.

OYCC is located at 3020 Tacoma Street, Sierra Vista.

For information, call Nancy Krieski at 417-6980.

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At The Movies

Showing at the Cochise Theater for the next week are:

Today -7 p.m.

Click

PG-13

Friday

The Devil Wears Prada

PG-13

Saturday -7 p.m.

Pirates of the Caribbean:

Dead Man's Chest

PG-13

Sunday -2 p.m.

The Devil Wears Prada

PG-13

Monday - Wednesday

Closed

Reduced prices on Thursday evening and Sunday matinees.

Watch CAC

The Commander's Access Channel is your channel. We provide a window to the military community that you live in. Committed to the value of community television we are your source for military news and local information. We share in your successes and connect you to the events that are shaping your future. We're your channel.... Cable 97.



Where's Wettle?

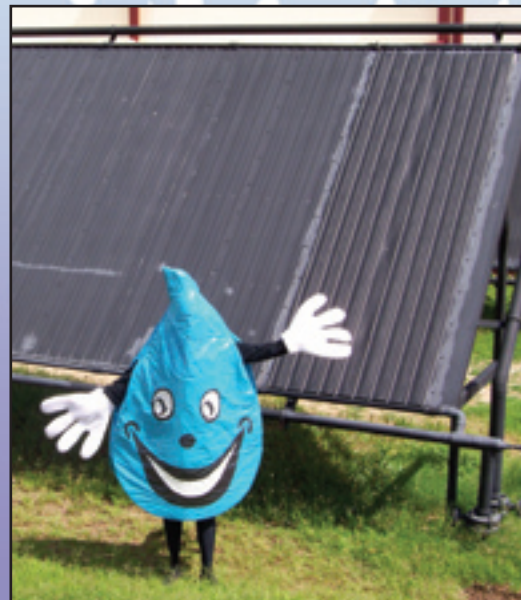
Last week's photo showed Wettle standing near the solar panels at Barnes Field House.

Wettle wants to let everyone know that Barnes Field House has a number

of renewable energy systems. These include both solar-powered electric cells and solar powered water heating panels. Skylights in the main gym provide natural light and save electricity too. Saving electricity also saves the water required to produce it.

Congratulations to Wesley Hewitt, training developer, General Dynamics Information Technology, UAS Training Battalion. Hewitt was one of 12 people who correctly guessed Wettle's location in last week's photo.

See next week's Scout for another chance to play "Where's Wettle."



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Sierra Vista-then, now exhibit

Discover Sierra Vista's humble beginnings through photographs, original documents, newspaper clippings, artifacts, and personal reminiscences on exhibit at the Henry F. Hauser Museum until Aug. 31

See how the city has evolved over the past 50 years.

The museum is located inside the Ethel Berger Center at 2950 East Tacoma Street.

Water Wise organic garden tour

Learn how to grow organic vegetables from 9 a.m. to 2 p.m. Saturday at the Arizona Folklore Preserve located near the top of Ramsey Canyon Road, Hereford.

The Sierra Vista Farmers Market and Baja Arizona Sustainable Agriculture are sponsoring a visit to another organic vegetable garden in Sierra Vista. You will see ways to be water efficient while growing great veggies. Call the Cooperative Extension Office for location details at 458-8278 ext. 2150.

This workshop is free, no registration necessary, and is open to the public.

For more information about the Water Wise program, visit their Web site at www.ag.arizona.edu/cochise/waterwise.

Hummingbird monitoring Sunday

The Hummingbird Monitoring Network will band hummingbirds this Sunday morning and gather data to

learn more about the species. Those with hummingbird feeders who live within a half mile from Brown Parade Field are asked to remove their feeders Saturday night until Sunday noon to encourage the birds to visit the feeders located on the grounds of the Public Affairs Office, located across from the gazebo on Brown Parade Field.

Those who would like to watch the banding are invited. Volunteers are needed to help maintain the feeding stations through the final banding session on Oct. 22.

For information about the project, call Dr. Susan Wethington at (520) 394-2350.

Relocation workshops

Army Community Service will offer a relocation workshop for Soldiers and family members making their first move at the following times and dates: 6 p.m. Tuesday; 9:30 a.m. Aug. 21; and 6 p.m. Aug. 29. The workshops, which will discuss expectations, entitlements and budgeting for the move, will be held at the ACS Building 50010.

Please register by calling ACS at 533-2330.

ACS offers Resumix Class

Army Community Service will offer the Resumix Class, from 5:30 to 8 p.m. Aug. 21 at the ACS Building 50010.

This class teaches how to navigate the Army Civilian application process. This class is open to the public.

To register, call ACS at 533-2330.

International spouse support group

Army Community Service invites all international spouses to join this support group, which will meet at 6 p.m. Aug. 22 at the ACS Building 50010. The group offers the opportunity to meet new people, network and to pick up tips on American culture and the military life-style.

Pre-register by calling ACS at 533-2330

Newborn classes offered by ACS

The following prenatal classes will be offered by Army Community Service in August:

From 6:30 to 8:30 p.m. Wednesday at ACS, Caring For Your Newborn, which offers detailed information on holding, bathing, diapering, dressing, and so on.

This class is free and open to the public. To register, call 533-6877 or 533-2330.

Fort Huachuca welcomes newcomers

Army Community Service wants to welcome newcomers to the Fort Huachuca community. The Huachuca Welcome newcomer's orientation is scheduled for 9 a.m. Aug. 23 at Murr Community Center.

The orientation will provide information about the installation and the community. A tour of the post is provided

Pre-register by calling ACS at 533-2330.

For more information, call Pamela Allen at 533-5919.

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